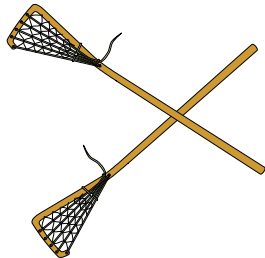


Red Bank Catholic High School  
Athletic Department  
112 Broad Street  
Red Bank, New Jersey 07701

To:



*Go Caseys!*

# GIRLS LACROSSE



## Green & Gold Camp 2010

Red Bank Catholic High School  
112 Broad Street  
Red Bank, New Jersey 07701  
Camp Location: White Road Practice Complex in  
Little Silver



2010  
GREEN & GOLD  
LACROSSE CAMP

4:00pm – 6:00pm

CAMP DATE

ONE WEEK ONLY

June 14 - June 18

Location:  
White Road Practice Complex  
Little Silver, New Jersey

*Directions From RBC : Go down Broad Street towards Shrewsbury. Pass over the railroad tracks at Route 520 and Broad St.. Go to the first traffic light and make a left onto White Rd. Fields are down on the left after passing over the next set of railroad tracks.*

Red Bank Catholic High School  
112 Broad Street  
Red Bank, New Jersey 07701  
Athletic Office: 732-747-1211  
Fax: 732-747-6744  
E-Mail: [camps@rbcsports.com](mailto:camps@rbcsports.com)  
Website: [www.rbcsports.com](http://www.rbcsports.com)  
Lisa Caprioni, Camp Director  
Head Girls Lacrosse Coach

**\*\*\*AIMS OF CLINIC\*\*\***

1. *To learn and develop the fundamental skills needed to play lacrosse.*
2. *To become acquainted with team offense, defense and mid-field play.*
3. *To learn the basic rules of play.*
4. *To learn the basic philosophies of the game.*
5. *To improve ability through a series of drills, small games, game situations and scrimmages.*
6. *To have fun while learning the fundamentals of lacrosse.*
7. *Beginning and advanced training will be available.*

**\*\*\*LOCATION\*\*\***

*White Road Practice Complex  
Little Silver, New Jersey*

**\*\*\*WHAT TO BRING\*\*\***

**WATER - MOUTHPIECE  
CLEATS  
LACROSSE STICK**  
*(If you have one bring it, if not, a limited number are available if needed)*  
**GOGGLES (required eye & nose protector)**  
**AND**  
**A STRONG DESIRE TO LEARN AND IMPROVE**

**ONE WEEK ONLY  
ENROLLMENT LIMITED!  
REGISTER EARLY**

**June 14<sup>th</sup> – June 18<sup>th</sup>**

**4:00 – 6:00pm**

**\$130.00 PER CAMPER**

**GIRLS ONLY**

**Ages 7-16**

**COACHING STAFF**

- Lisa Caproni.....Camp Director**  
*RBC Head Lacrosse Coach*
- Joseph Nappo... .RBC Asst .Varsity Coach**
- Gabriela Duch... Manasquan HS. Asst.**  
*Lacrosse Coach*

**\*\* ADDITIONAL INFORMATION\*\***

- **No experience necessary**
- **Everyone will be grouped according to age and experience**
- **Requests for friends to be grouped together will be honored**

**2010 GIRLS LACROSSE CAMP APPLICATION**

Name \_\_\_\_\_ Present Grade (09-10) \_\_\_\_\_  
 Parents Name \_\_\_\_\_ Home Phone \_\_\_\_\_  
 Address \_\_\_\_\_ Work Phone/Cell \_\_\_\_\_  
 City \_\_\_\_\_ State \_\_\_\_\_ Zip Code \_\_\_\_\_  
 Age \_\_\_\_\_ E-Mail \_\_\_\_\_

**ABSOLUTELY---NO REFUNDS!!**    \$25.00 Deposit enclosed, Balance to be paid 1<sup>st</sup> day of camp or you may pay in full now.  
Camp Date: June 14<sup>th</sup> to June 18<sup>th</sup>, 2010

**Please make check payable to : Red Bank Catholic Athletic Department and mail along with lacrosse Camp Application to:  
Athletic Department, Red Bank Catholic H.S., 112 Broad Street, Red Bank, New Jersey 07701**

*I understand that any camper who does not abide by the rules and regulations promulgated by the camp is subject to dismissal without reimbursement or recourse. I also understand that the Green & Gold Lacrosse Camp is not responsible for any campers leaving the grounds of Red Bank Catholic. The camp will not be responsible for injury or illness if same is not caused through fault of the camp. I hereby authorize the directors of the Green & Gold Lacrosse Camp to act for me according to their best judgment in any emergency if I cannot be contacted. I understand that each camper is required to provide their own medical and accidental insurance.*

Parents Signature \_\_\_\_\_